



## NEWS RELEASE

For Immediate Release:  
May 1, 2015

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### **Governor Jack Dalrymple Proclaims May as Stroke Awareness Month**

**BISMARCK, ND** — Gov. Jack Dalrymple has officially proclaimed May 2015 as Stroke Awareness Month in North Dakota. In recognition of this important observance, the North Dakota Department of Health (NDDoH) is working to raise awareness about the importance of stroke prevention, early recognition of signs and symptoms of stroke, and the need to act fast at the first sign of stroke.

The NDDoH has created a new campaign for the Stroke System of Care for North Dakota, which provides the fastest access to treatment for stroke. The campaign also promotes the importance of knowing your risk factors for stroke and taking control of your own health through prevention.

“It is important to learn how to recognize stroke symptoms and urgently call 9-1-1. Immediate treatment may help minimize stroke damage and improve recovery outcomes for the patient,” said Shila Thorson, State Stroke and Cardiac System Coordinator with the Division of Emergency Medical Services and Trauma. “Knowing about stroke could one day help you save the life of a friend, family member or coworker.”

Stroke is currently the fifth leading cause of death and the leading cause of long-term disability in the United States. Recent studies have shown that 80 percent of strokes are preventable and therefore information on controlling risk factors is essential to public education about stroke.

As North Dakota prepares to recognize Stroke Awareness Month during May, the public is urged to learn the signs of stroke, which are face drooping on one side, arm weakness and speech difficulty. If someone shows any of these signs, call 9-1-1 right away. Stroke is an emergency. Even if symptoms go away, call 9-1-1. If symptoms subside, the person may be experiencing a transient ischemic attack, often called a TIA, which is a warning sign for a stroke. Immediate assessment is needed to make sure a major stroke does not occur.

For more information, contact Shila Thorson, North Dakota Department of Health, at 701.328.4569.

*Proclamation to follow.*



PROCLAMATION  
**STROKE AWARENESS MONTH**  
MAY 2015

**WHEREAS**, stroke is now the fifth leading cause of death in the United States; and

**WHEREAS**, in the U.S., someone suffers a stroke every 40 seconds; and

**WHEREAS**, stroke is the leading cause of serious long-term disability in the U.S.; and

**WHEREAS**, over 1,664 people were treated for stroke at North Dakota hospitals in 2014; and

**WHEREAS**, today, there are 7 million stroke survivors living in the U.S.; and

**WHEREAS**, 80 percent of strokes are preventable; and

**WHEREAS**, North Dakotans are encouraged to target the leading risk factor for stroke, high blood pressure, by knowing their numbers and seeing their health care provider regularly.

**NOW THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim May 2015, **STROKE AWARENESS MONTH** in the state of North Dakota.

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Jack Dalrymple  
Governor  
ATTEST:

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Alvin A. Jaeger  
Secretary of State

– 30 –

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